

VITAL SIGNS

VOL VIII No. 12

Naval Hospital, Orlando, Florida

1 November 1984

New Commanding Officer

CAPT R. E. Erwin reports aboard

Captain Richard E. Erwin, Medical Service Corps, United States Navy, assumed command of Naval Hospital, Orlando on the first of October 1984. Captain Erwin came to Orlando from Norfolk where he was assigned as the Deputy Commander/Chief of Staff for the Naval Medical Command, Mid-Atlantic Region.

Captain Erwin has almost 34 years of Naval service. He enlisted in January, 1951 and after Recruit Training and Hospital Corps School at San Diego, his enlisted assignments included Naval Hospital, Bremerton; Naval Dispensary, Spokane; Korea with First Marine Division; Naval Aerospace Medical Institute, Pensacola; Naval School of Health Sciences, Portsmouth, where he graduated in the first class of Medical Administrative Technicians; and on board the USS BON HOMME RICHARD (CVA-31). Upon being commissioned in the Medical Service Corps, he was assigned to Naval Hospital, Oakland. Other duty assignments have been: USS LEXINGTON (CVA-16); as a student at the Naval School of Hospital Administration, Bethesda; Chief of Personnel at Naval Hospital, Oakland; Plans and Operations (Medical) on the staffs of Commander in Chief, U.S. Pacific Fleet and Commander in Chief, Pacific.

Prior to his last duty assignment, Captain Erwin had served as Head, Congressional Correspondence Section, BuMed; White House Liaison at the Office of the



CAPT R. E. Erwin, MSC, USN

Secretary of the Navy; Executive Assistant to the Assistant Chief for Personnel and Professional Operations at BuMed; Executive Assistant to the Inspector General (Medical); and Director of Administrative Services at NRMC, Portsmouth.

Captain Erwin and his wife, Cleo, have three children: Richard, 25; Robert, 24; and Rochelle, 21.

Two Staff members honored



THE SECRETARY OF THE NAVY
Washington

The Secretary of the Navy takes pleasure in presenting the
MERITORIOUS UNIT COMMENDATION to HMC JOSEPH T. JOHNSON 321-36-5671

U. S. NAVAL HOSPITAL
ROOSEVELT ROADS, PUERTO RICO

for service as set forth in the following

CITATION:

For meritorious service in direct support of Operation URGENT FURY from 23 October 1983 to 5 November 1983. During this period, U.S. Naval Hospital, Roosevelt Roads, Puerto Rico served as a vital link in the overall medical logistics support system for this crucial operation. Although faced with frequently changing requirements, they were able to successfully provide the highest quality of medical and surgical care to seventy-seven combat casualties without loss of a single life. As a result of superb leadership, thorough planning, and innovative management, they were able to rapidly implement an effective and efficient External Disaster/Mass Casualty Plan without interruption to routine operations. In addition to the outstanding level of patient care rendered, they repeatedly supplied the Aeromedical Evacuation System and various medical units operating in the actual theater of operations with critically needed medical material. By their continuous display of professionalism, resourcefulness, and total devotion to duty, the officers, enlisted personnel, and civilian employees of U.S. Naval Hospital, Roosevelt Roads, Puerto Rico reflected credit upon themselves and upheld the highest traditions of the United States Naval Service.

John F. L.
Secretary of the Navy

On 25 October, and on behalf of the Secretary of the Navy, CAPT Erwin presented the Meritorious Unit Commendation to HMC Joseph Johnson, Laboratory, and HM3 James Liason, Branch Clinic, for their participation in Operation URGENT FURY.

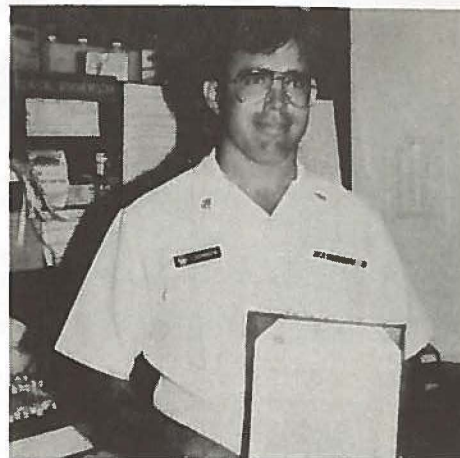
Reenlistment



HMC Chris L. Swan, reenlisted at the Branch Clinic on 26 October. LT D'Heron, Administrative Director of the Branch Clinic, served as the Reenlistment Officer.

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN 74) and printed by the Navy Publication and Printing Service Branch Office, Orlando, from appropriated funds. Commanding Officer: CAPT R. E. Erwin, MSC, USN; Executive Officer: CAPT G. Zel, MC, USN; Public Affairs Officer: CDR P. F. Truran, MSC, USN.

Contents of this publication does not necessarily reflect the official views of DOD. All copy submitted for use in VITAL SIGNS must reach the Editor's Office, Room 1800, Building 500, by noon of the 20th day of the month. VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS, appropriate credit must be given.



HMC Johnson



HM3 Liason

American Red Cross



Volunteer hours

for September - 1,936

Total for year - 20,672 1/2

Vital Signs' Staff

Editor:

HMCM J. W. Phillips, USN

Managing Editor:

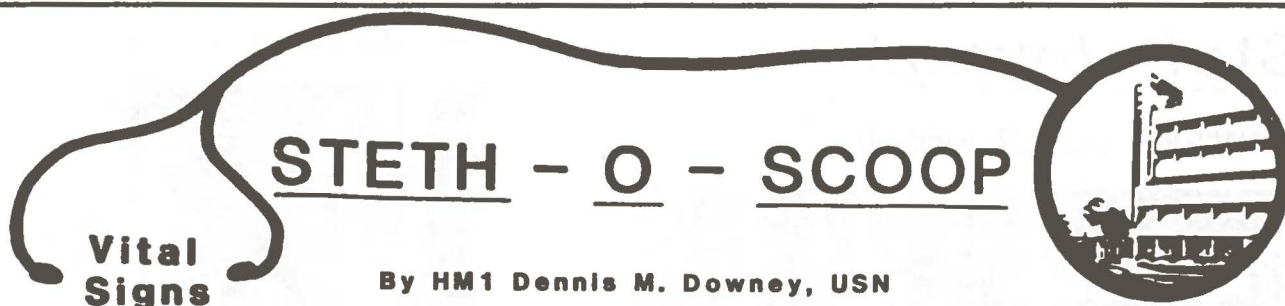
Mary V. Van den Heuvel

Nursing Services Coordinator:

LT Marilyn L. Mangum, NC, USNR

Steth-O-Scoop Reporter/Photographer:

HMI Dennis M. Downey, USN



What was your most embarrassing moment?



HM2 D. Farr, Manpower Management: "When my fantasy of taking a bath in a tub full of jello was published in a command newspaper! ... and here I go again!"



HM3 Jeff Saadat, Laboratory: "I made the mistake of telling an expectant father he had a baby girl. He went home and spread the news all over the country. Then, I found out it was a boy!"



HM3 Margaret Williams, Education and Training: "I was working in the Nursery and was scheduled to see the CO. As I was getting ready to go, a baby had an accident -- all over my uniform! I still had to go see the CO! What a mess!"



HM1 Randy Miller, Preventive Medicine: "An uncontrollable case of diarrhea in the duty room, Naval Hospital, Okinawa, and wearing whites! Of course, I didn't make it to the head!"



Cheryl Evans, Outpatient Administration: "I asked a patient when she expected to deliver her baby, and she wasn't even pregnant!"



HM2 Cynthia Morey, Preventive Medicine: "Erroneously interviewing a patient as a confirmed VD case and then finding out all he wanted was a flu shot!"

Staff Journal

Promotions on 27 September



The smiles of promotion ... L. G. Bell, PA, Internal Medicine, promoted to CWO4; J. A. Mellott, PA, Female Sick Call, Branch Clinic, to CWO3; and M. H. Grizzle, PA, Recruit Sick Call, Branch Clinic, to CWO3.

Reenlistments



HM3 Julie Wood, Family Practice, NTC Annex, was reenlisted on 1 October. HM3 Wood was reenlisted by LCDR Daniel F. Colvin, NC, USN, Administrative Officer, ARS.

HM1 Mario Leano, Leading Petty Officer for the Dental Department, was reenlisted on 12 October by CDR P. F. Truran, MSC, Director for Administration.

Farewell



CAPT K. C. Khoury, Jr., MC, USN, Head, OB-GYN Department, transferred to the Naval Hospital, Jacksonville, on 13 October. CAPT Khoury received the Naval Hospital plaque on his departure.

Civilian Award



On 24 October, CAPT Erwin presented Jane Smith, Outpatient Administration Department, with an Outstanding Performance Award.



Awards ceremony on 24 October



... a Letter of Commendation for LT R. H. McCormick NC, Staff Nurse, ICU, on her transfer to Naval Hospital, Bethesda.



... a Letter of Commendation for LCDR J. A. Truhe, NC, Pediatric Clinic, on her transfer to Naval Hospital, Jacksonville.



... 6th Good Conduct Award for DPCM Maxwell Crabbe, Head, Management Information Department.



... CDR George H. Barbier, MC, Internal Medicine Department, received a Letter of Commendation from his last command, Naval Hospital, Jacksonville.



... CAPT Erwin presented two 3rd Good Conduct Awards: HM1 J. M. Deluca, Branch Clinic, and AQ1 J. R. Aliasson, ARS.

First Good Conduct Awards



HM3 Keith Thompson, Outpatient Administration



HM3 Ellen Schuler, Manpower Management



HM2 Joan M. Dunn, Laboratory



HM2 Michael Grant, Pharmacy

Where there's smoke ...

... there's LT Epps, cooking for the Materiels Management and Fiscal Department picnic on Wednesday, 24 October. When the smoke had cleared ... the food was all gone! What a hungry crew!!



In conjunction with the picnic, LTJG Meinertzhagen got a jump on the pre-retirement festivities for HMC Franc Connor by presenting him with a picture of the hospital signed by all his co-workers.

You are cordially invited

This is a special invitation from Mr. Larrivee, Head, Food Service Department for the staff to share in the extra-special and bountiful menu planned for

Presentations on 29 October

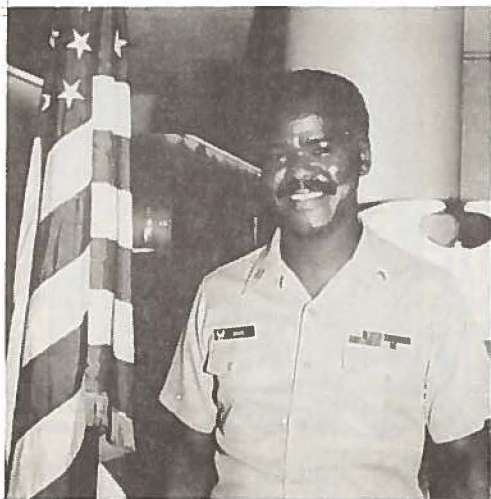
CAPT Erwin presented a Letter of Commendation to LT Teresa Dieckhoff, NC, Staff Nurse, Medical Unit, on her transfer to Naval Hospital, Portsmouth.



LT Pamela Fye, NC, Staff Nurse, Emergency Room, received a Letter of Commendation from CAPT Erwin on her transfer to Naval Hospital, Portsmouth.

Thanksgiving Day. Dinner will be served from 1100 to 1500 and reservations are required. Call Janet, X4964, and make your reservations early. Enlisted will pay \$2.10; officers and civilians on duty will pay \$2.10; officers, civilians and guests will pay \$4.25. All children under 12 years will pay \$1.75. A sneak preview reveals three entrees! -- Steamship Round of Beef au Jus; Roast Tom Turkey with Dressing, and Broiled Rainbow Trout with Dressing. Mouth watering!!!!

Introducing our new Equal Opportunity Coordinator



LT Ira N. B. Davis, Jr., MSC, USN

I was recently appointed as Naval Hospital Orlando's Equal Opportunity Coordinator. I thought this might be a good opportunity, not only to introduce myself, but to provide an update to all of the staff on the Navy's Equal Opportunity Program as it relates to us.

The Navy's policy is to ensure equality of opportunity and treatment for all military members and civilian employees of the Department of the Navy ...

regardless of race;
regardless of creed;
regardless of color;
regardless of sex; and
regardless of national origin.

This policy is in compliance with the spirit and intent of the laws of the land.

Women are part of the Navy personnel structure; therefore, all policies and directives apply equally to them unless specified otherwise by existing law. Discrimination, resulting in the denial of equal opportunity to any individual, will not be tolerated in the Navy.

The Navy is really strong on this and persistent discrimination is considered cause for disciplinary action and ultimately, may result in dismissal or discharge from the Navy.

The Command offers 1½ days of Equal Opportunity training. This training is mandatory for all active duty and civilian personnel attached to this command. The training consists of:

Military Rights and Responsibilities -
4½ hours
Women in the Military - 4 hours
Cultural Expressions in the Navy -
4 hours

Anyone not having attended these classes, should check with the Education and Training Department.

If I may be of any assistance or provide any additional information concerning the Navy's Equal Opportunity Program, you may contact me at Extension 4091.



A note of thanks

*Mr. and Mrs. Don Mohler
50 Cypress Lane
Isle of Capri
Maitland, Fla. 32751*

October 8th, 1984

Captain R. E. Erwin
Commanding Officer
U.S.N.H. Orlando

Dear Captain Erwin:

Congratulations to you and the staff of the Naval Hospital in Orlando! During the past month and a half I had to be taken to the Emergency Room and was hospitalized in both C.I.C.U. and the Medical floor. On all three occasions I received outstanding care and treatment by the doctors who saw me, the nurses and the corps people, for which I am most grateful.

My thanks to all of you for a super job by a well trained and efficient staff.

Sincerely yours,

Don P. Mohler
Donald P. Mohler
1st Lt. Army Retired

Quarterly Awards

Sailor of the Quarter

HM1 James R. Jones, Leading Petty Officer of the Medical Records Division, Branch Clinic, has been selected as Naval Hospital Orlando's Sailor of the Quarter, 3rd Quarter, 1984. Petty Officer Jones, was, until recently, the Leading Petty Officer of the Ophthalmology Department. He is on his second tour at Naval Hospital Orlando and he and his wife, Margaret, have three children: Yolanda, 12 years old; James, 11; and Sabrena, 10.



HM1 James R. Jones, USN



HN Mark F. Musket, USN

Blue Jacket of the Quarter

Naval Hospital Orlando's Blue Jacket of the Quarter, 3rd Quarter, 1984, is HN Mark F. Musket, Operating Management Department. HN Musket has been on board almost a year - 7 months on the Surgical Ward and now a Word Processor Operator. He is single and hails from Guilford, Connecticut. He is within one year of completing his college education - plans to apply for a commission in the Navy.

Civilian of the Quarter

Civilian of the Quarter, 3rd Quarter, 1984, for Naval Hospital, Orlando is Brenda L. Repp, LPN. Mrs. Repp works in the Newborn Nursery and has been an employee of the Hospital since August, 1980. If you have ever visited the Nursery area during the Christmas Holidays, you have seen Mrs. Repp's beautiful, artistic contributions. Mrs. Repp and her husband, Ernie, have one son, Steve.



Brenda L. Repp, LPN



NURSING SERVICES

Column Coordinator:

LT M. L. Mangum, NC, USNR



Column Coordinator:

LT R. D. Younger, MSC, USNR

The Holidays are coming!

Here we go again ... we're about to start the Holiday season! Once Halloween comes and goes, the rest of the holidays approach rapidly to dot your memory ... of good times and bad. But, because it is holiday time, the good always outweighs the bad. Just being with good friends and family makes this time of year special and worthwhile.

In the Navy, tradition is the unwritten rule much like the old tradition that holidays are family days. When you first join the Navy, you think that holidays will never be the same, especially if you can't get home. Some of our friends go on leave, but we all can't go. We have a special job to do; one that requires a lot of dedication. I hate to think of not going home ... I'm going to miss my family. But, then I look into a patient's room and I put myself in their place; being ill, some worse than others, needing care, and needing someone to share their holidays.

When it comes right down to it, that one smile that I put on someone's face, during a good time or a bad time, will be one of those dots on my memory which I will keep forever. I guess what I am trying to say is that when you are in the Navy, 90% of the time it IS your family, so, go with it! Have fun, smile, laugh, and share those dots with as many people as you can. You know what? I love the Holiday season!

HN Ken Williams, USN



HAPPY THANKSGIVING

I took the Administration, Training and Advisor (ATA) course from 15 October to 26 October to better orient myself to the job of Substance Abuse Coordinator. While there, I was privileged to meet Ray, a recovering alcoholic who demonstrates great hope and courage for those recovering from this disease. He has written a statement concerning his life which I would like to share with you.

WHO AM I

I have found a new way of life without drinking.
I have not been in trouble with my superiors this week.
I have been home every night with my family.
I have not been depressed and felt alone for years.
I have not had to tell a lie or alibi if I've been wrong.
My children do not go outside or to their rooms when I come home; they give me a hug.
My wife does not want to take her life because she doesn't know why I treat her so bad.
I have not had to make my present rate again.
My quarterly marks are always above average (they weren't that way before I stopped drinking.)
I "read people" quickly and often know what they want before they can finish telling me.
I do not have to have a few drinks before I go to a party to "get started."
I no longer wonder why I cannot seem to give up drinking.
I no longer have to keep up my image.
I am no longer without a belief that I have a purpose and direction in my life.
I have found out that there is a way of having fun without drinking.
I really care about people and myself.
I am in a very good mood most everyday and, when I am not, I can find out why.
I have found a spiritual way of life that I don't have to apologize for.
I have found a way to make me grow as a person.
I have had little to do with any growth in my life and have learned that the "I" in all the above is a kind and loving God who let me drink and suffer so that I could learn about love and living.
I am a recovering alcoholic.

Ray E.
HMC, USN





LAB LINE

LCDR A. H. Ronquillo, MC, USNR

CHAPLAIN'S COMMENTS

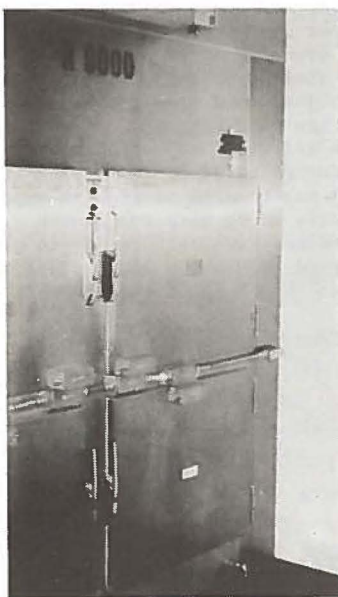


LT Janell Nickols, CHC, USN

A visit to the morgue

With great trepidation, the VITAL SIGNS' photographer and managing editor made a visit (in the vertical position) to the Naval Hospital Orlando morgue.

The morgue is part of the Laboratory Department and is located at the end of the first floor hallway across from CPD. All deceased patients are admitted to the morgue until appropriate Decedent Affairs' procedures have been completed. The morgue is also where the postmortem examinations (autopsies) are performed by the pathologist. One of the pictures below shows the storage refrigerator where patient remains are held pending disposition. The other picture shows the autopsy room. The loss of a patient is one of the unpleasant aspects of providing medical care, but decedent affairs and autopsies are matters that must be dealt with. We take every effort to handle the deceased patient with all the dignity and respect that they rightfully deserved in life. We are often asked if it is possible for staff members to view an autopsy. Yes, and unless the patient is suspected of having some infectious disease, or we are dealing with a forensic case,



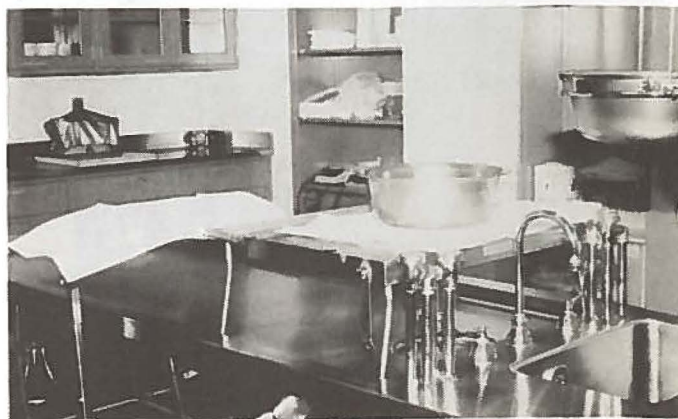
the pathologists are willing to allow a limited number of staff members to view and assist with an autopsy. There is a waiting list, however! If you are interested in having your name added to the list, call the Lab.

God is with us

"Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle."

STRESS - It's a word that is tossed around a lot these days. Stressful situations face us day to day, whether it be on the job, at home, in our relationships with others, or due to world situations. So many times our response to stressful experiences is to proclaim "I can't cope; I can't handle this any more." We reach what we feel is our maximum capacity and then begin to buckle under the pressure. Some of us try to "get away from it all," either by leaving on vacations or taking a "mental vacation" to avoid the pain. Others try to place the blame somewhere, thus spending their energy complaining about their situation. Most people who arrive at these desperate points are ones who have tried to "go it alone" - to refrain from seeking help from others. They see themselves as independent, and so to reach out would be a sign of weakness.

There is another answer. We have been assured that "nothing can separate us from the love of God." This means that no matter how many difficult situations we face, God is with us through them all. We were not created to face life's struggles alone. Rather, God, our Creator, remains with us to gently guide and strengthen us in the midst of stressful times.



CAREER COUNSELOR'S CORNER



HM1 Dennis M. Downey, USN



Master Shipwreck

HMCM(SS) R. C. Clements, USN

"C" School Requests

Before you decide to apply for a "C" School, there are some things you should consider.

Am I qualified? The minimum GCT/ARI test scores for HM "C" Schools is 105. More technical schools often require higher test scores.

Rank requirements. These vary from school to school. For example, Advanced Hospital Corps School requires that you be a senior second class whereas Neuropsychiatry School will accept requests from E-1 through E-4.

Disqualifying factors: poor performance evaluations; non-judicial punishments or courts-martial. In all cases, CO's recommendation is required.

Other factors to consider: sea/shore rotation, advancement opportunities and job satisfaction.

Sea/shore rotation varies with different NEC's. Some serve very little or no time at all on sea duty, while others spend a great deal of time onboard a ship or with the Fleet Marine Force.

Advancement is often directly related to the amount of sea duty you have served. Although it is not the only factor considered, it definitely weighs heavily with the E-7 selection board.

How about job satisfaction? Have you talked to anyone who has been to the school? How do you know you will enjoy working in that field after you graduate?

All factors considered, do you really want to attend a "C" school right now? I'm not trying to discourage anyone who really wants a certain school, but being a HM-0000 may be to your advantage -- at least for right now. This is especially

Communication

Communication. Webster's defines it as: to impart to another or others; to give to another, as a partaker; to make known ... intelligence, news, opinions or facts.

We have a lot of means of communication at this hospital: the PA system, the Plan of the Day; radio communication; beepers; instructions and notices; the newspaper, training classes, etc. There are two big factors that must be considered to achieve successful communication: (1) the receiver only hears or reads information that is of interest to him or can be of value to him; therefore, whatever the information is that needs to be communicated, it should be tailored for the receiver; and (2) the receiver needs to be a good listener and reader and be able to accept and store pertinent information. If they announce over the PA system that we are having a free picnic with free steaks and beer, everybody gets the word; but, if we announce a required training class, not everybody hears the announcement.

Communication is the key to the smooth functioning of this health care facility; so, adjust your fine tuning knob and activate your "memory bank;" read, listen and be alert. If you are not sure about something, ask ... the only stupid or dumb question, is the one that is never asked!

true for first term personnel who have never been any place other than Naval Hospital Orlando.

"Join the Navy and see the world" may not ever come true if you lock yourself into a NEC that will limit you to only a few duty stations.

From Skipper to Staff

THE MAIN ARTERY**CAPT R. E. Erwin, MSC, USN**

Believe me, my assignment here was as unexpected to me as it was to you ... so, we'll start off with some common ground between us. Truly, I am glad to be here. I have seen Navy health care from nearly every conceivable angle, including that of patient. From the angle of command, which I've recently assumed, I feel I'll be able to continue in an effective role in Navy health care. One of my goals, wherever I am assigned, is to contribute something to my command which will make it a better place; and one that will remain that way after I leave. You don't need to be a high-ranking officer, a senior enlisted, or a super grade civilian to do that. Every one of you is capable of making a lasting contribution. I ask you to do that and I'll tell you how. What follows is a quote from the graduation address to the 1984 class of the U.S. Naval Academy given by Chief of Naval Operations, Admiral James D. Watkins. He could as well have been talking to all of us

"... you must display courage and act in accordance with moral convictions. You must not be fashioned by events, but rather shape them for the future good of civilization. You can do this through helping freedom-loving and God-fearing people -- whenever and wherever you find them. This is your destiny -- your challenge of leadership. In your exercise of a global mission to humanity, each of you will be asked to contribute in your own special way. Yet, your individual efforts will unite -- through the performance of our Navy/Marine Corps team -- to form a singleness of purpose and strength..."

The point is, simply by doing your job in the very best way you can, you are making a lasting contribution ... and, when we add up all those individual contributions and step back to take a look at them, the results are dramatic. They are even more impressive when we add them into the Navy health care system, then into the Navy-wide picture. At that point, we begin to perceive our contribution to "a global mission to humanity." If you will take time to step back and take that look, you'll see that your accomplishments are not diminished by the system but rather they are magnified by the system. We must do our jobs to the very best of our capabilities. I will, and I ask you to do the same!

Command Master Chief's

"Doc" - 9 - Line**HMCM J. W. Phillips, USN****It could be you!**

Someday, you could be a patient, and if you were, who would care for you? The Navy's Health Care Team is made up of the Medical Corps, Dental Corps, Medical Service Corps, Nurse Corps, Hospital Corps, Dental Technicians, and civilian personnel. As a patient, you would expect this team to function as true professionals, with one aim - to give you quality medical care. As an integral part of this health care team, you are in the position of ensuring that each and every one of your patients receives the best possible, empathic care from you and other members of the team. The patients are dependent on you; don't be uncaring or aloof; and don't forget your shipmates who are working with you; give them a helping hand, too. Be quick to offer help and assistance. Help to educate and train newcomers to the ward. Better utilize your time. Don't think of caring for the patient as an insurmountable job; it isn't. It only takes common sense, professional desire, satisfaction and the complete cooperation of every member of the team. By working in harmony with each member of the team and doing your best, you will ensure that when you are the patient, you will receive quality medical care when it's needed.

Having just completed a turn as a patient, I'm proud to be a part of the Navy Medical Care Team. A sign on a ward at Bethesda says: "Caring is what we do best" and it is followed by a list of the team members. I found this to be true at Bethesda and here! We can be proud of what we are -- caring people -- who care; about their job, the quality of medical care, and especially for the patients.

May I take this time to say to the team -- THANKS ... for your caring during my turn as a patient!

